



COACH JOINS HOOD'S FITNESS COUNCIL

Harvard's John Yovicsin — one of the nation's top 15 collegiate football coaches in win-loss percentage — has joined H.P. Hood & Sons' Physical Fitness Advisory Council.

He succeeds another famed football coach on the Hood staff, Mike Holovak, who joined the NFL's San Francisco 49ers this season after twice winning AFL Coach of the Year honors with the Boston Patriots.

In making the announcement, Hood president Ezra Merrill welcomed Yovicsin to the dairy company's prize-winning Fitness Program: "We are privileged to have a man of Mr. Yovicsin's stature and knowledge join our crusade to spread the important message of fitness."

Yovicsin in his 13th season as Harvard head coach, the past 10 winning ones — accepts his new role with enthusiasm.

"I have long admired the Hood program because of its outstanding contribution to the people of New England," said the 3x N.E. Coach of the Year.

"No area in America today is more important than health — basic and vital at every level: adults as well as youth. Yet far too little is being done to promote its importance."

"The Hood company is a significant exception, and so I am delighted to become associated with its very important program."

Hood's Advisory Council — formed in 1960 to help spread the fitness message generated by the late President Kennedy — is composed of physical ed leaders in each of the N.E. states.

Long a model and exponent of fitness, Yovicsin can testify to its benefits. At 50, he retains the same energy and enthusiasm which have been the trademark of his enormously successful athletic career despite open-heart surgery in 1965.

That career spans every level of football — high school through professional.

A native of Steelton, Pa., Yovicsin was a three-sport star at both Steelton H.S. and Gettysburg College. He played one season with the Philadelphia Eagles as an end under legendary Greasy Neale and was a successful H.S. coach before returning to Gettysburg in 1948 as an assistant coach, then becoming head coach in 1952.

Yovicsin came to Harvard in 1957 and has become the coach with the longest term in that Ivy League school's rich football history. He is on the threshold of another milestone — the most victories ever compiled by a Crimson coach. John entered the season with a 68-34-5 record at Cambridge, and is closing in on the immortal Percy Haughton's mark of 71 victories.

Yovicsin's 17-year collegiate coaching record — 12 at Harvard, five at Gettysburg — was 100-45-5 going into this season.

That includes his first undefeated season a year ago — a storybook season climaxed by the Crimson's incredible 29-29 tie with Yale in the final game which gave the rivals a share of the Ivy League championship.

John and wife Mary reside in Framingham with their four children: Thomas, 18, twins David and Donald, 15, and Ann, 12.

TODAY'S AGRI-FACT Keep apples in a plastic bag or in hydrator to maintain proper humidity and prevent absorption of other food flavors.

THE AGAWAM News INC.

Agawam's First Newspaper Serving All The People

Vol. 18 No. 42

Agawam, Mass.—Thursday, October 23, 1969

5c per copy—1.00 per year

"The Heart Beat of the Town"
For the Sixteenth Year

OVER 10,000
READERS

Agawam Center Library
733 Main St.
Agawam, Mass 01001

PUBLIC LIBRARY
AGAWAM, MASS.



The petite ... Linda Carbonetto, Canadian champion and the powerful ... Billy Chapel, Grand Prix champion blend their talents in the production "Floral Fantasy," one of seven beautiful productions in the spectacular Ice Capades opening Wed., Nov. 19 at Eastern States Coliseum for 18 performances through Nov. 30.



HARVARD FOOTBALL COACH John Yovicsin (left) is welcomed as a member of H.P. Hood & Sons' Physical Fitness Advisory Council by Ezra Merrill, president of the dairy company.



MR. J. JOSEPH CRAMORE (left) poses with other officials of the Packaging Machinery Manufacturers Institute outside Cobo Hall in Detroit, Michigan, scene of the 1969 Packaging/Converting Machinery Show, October 27-30. Mr. Cramore, an immediate past president of the national trade association, was instrumental in planning the show, which covers the equivalent of 7 football fields with operating packaging and converting machinery. Mr. Cramore is president of Crompton & Knowles' Packaging Machinery. He lives with his family in Suffield, Conn.

Send in only \$1.00 and we'll put you on our mailing list for 1 year.

Name _____

Address _____

Phone _____

Please check new ☐ renewal ☐

UNICEF for HALLOWEEN Trick or Treat

Again this Halloween Agawam youngsters will be out collecting for UNICEF. The pennies collected benefit the children and mothers in 120 underdeveloped nations of the world. For \$1.00 a stethoscope may be purchased, for 5¢ enough seed for 750 cabbage plants. By collecting for UNICEF children are helping children. Please set aside the amount you intend to give to UNICEF and give a little to each UNICEF Trick or Treater. You do not give all your candy to the first youngster who rings your doorbell knowing more will follow. Follow this practice for the UNICEF Trick or Treaters. Overlapping of territories cannot be avoided. If no youngster collects in your neighborhood and you wish to contribute, please call your town chairman, or deliver it to the collection station, which is Mrs. James Sgorbati, 1822 Main St., Agawam, 737-2241.

MASS. CASH BALANCE

Mass. completed the 1st quarter of fiscal 1970 on Sept. 30 with a cash balance of \$42.1 million, State Treasurer Robert Q. Crane noted today in his latest monthly financial statement.

However, he pointed out that because September's disbursements exceeded the State's receipts for that month by some \$43 million, August's cash balance of \$85,204, 343.34 dropped to \$42,180,842.16 at the end of Sept.

The state's total bonded indebtedness continues over the one billion \$ mark. On Oct. 1, the total bonded indebtedness was \$1,035,758,000 as compared to 1,029,432,000 a year ago.

Consumer news

Attorney General Robert H. Quinn today announced that a Mass. corporation, found to be in violation of the Consumer Protection Act, has reimbursed the State for costs incurred during the investigation of their business practices. This is the first time that voluntary payment has been collected by Mass. under the provisions of the Act.

Quinn said, "The recovery of costs is an important step in the right direction. The public must realize that the investigation of unlawful acts which victimize the consumer is expensive and time-consuming."

"It is only fair and proper that the person alleged to be engaged in unlawful practices who signs an Assurance of Discontinuance bear the costs of investigation."

The case investigated by Chief Investigator Charles K. Estano concerned Bait and Switch advertising on swimming pools and the deceptive practices used in switching customers to a more expensive pool.

Under the Consumer Protection Act, the A.G., instead of proceeding in court, may obtain a written Assurance of Discontinuance of an unlawful practice, and may include in such an assurance a stipulation by the person alleged to have been engaged in such a practice for voluntary payment of the costs of investigation.

In connection with the assurance signed by a Mass. corporation, a check in the amount of \$181 was paid over to the Comm. of Mass. This money covered the expenses of taking testimony and copying business records and other relevant papers.

SCHOOL COMMITTEE CANDIDATES NIGHT

NOVEMBER 6, JUNIOR H.S.

On Thursday at 7:30 p.m. Nov. 6, the voters of Agawam have an opportunity to meet the 4 candidates who will run for the school committee. Each candidate will be given an opportunity to state his qualifications and reasons why he desires to be a school committeeman. Voters will be given the opportunity to question the candidates on any subject pertaining to school committee work.

The written questions will be processed by Mr. Robert Griffin, member of the Agawam P.T.A. Council and John A. Morrissey, a member of the Agawam Teachers' Assoc'n. Both gentlemen will act as a panel of judges. David Skolnick will act as moderator. The Teachers' Assoc'n will supply free refreshments and the Ag. Council of P.T.A.'s will serve the refreshments. The G.O.P. candidates for the school committee are Mrs. Roberta Doering and Mrs. Vanetta Synder. The Dems are Edward Connor and Robert Fasnacht.

BAY PATH PARENTS DAYS

Saturday and Sunday (Oct. 25 and 26) are parents' days at Bay Path Jr. College. The 1st day is devoted to the parents of senior with a special treat for the fathers, while Sunday is for the juniors and their parents.

On Saturday night, while Bay Path entertains the mothers of the senior girls at a buffet dinner, seniors have a date with their dads at a father-daughter banquet at Betty's Old Town House.

The day begins for the parents of the senior girls at 2 p.m. in Mills Theatre in Carr Hall on campus where the various aspects of college life will be discussed by Douglas D. Perkins, President, Dr. Jeanette T. Wright, V.P. for Academic Affairs and Dean of the College, and Marcia Conrad, Dean of Students. At this time parents are encouraged to ask questions. From 3-5 p.m. faculty members are available for brief conferences with parents, while coffee and tours are also offered. Both the buffet and banquet begin at 7 p.m.

Sunday is the day for junior girls and their parents. A similar afternoon program is provided to these visitors.

Dean Wright explained, "Parents' Days provide the opportunity for parents to address questions to members of the administration regarding programs and activities at the college. In addition, parents enjoy meeting their daughters' faculty members. The Father-Daughter banquet is one of the highlights of the student's social experiences at the college. For most students, the banquet is the first occasion that they have to spend an evening alone with their dad."



THE AGAWAM NEWS, INC.

Published Every Thursday

435 River Rd. Agawam, Mass. 01001

Founded April 9, 1953 by Robert R. DeForge and entered at the Post Office at Agawam, Mass., April 29, 1953 as Second Class Matter under the act of March 3, 1879.

National Advertising Representative ATLANTA • CHICAGO • DETROIT • LOS ANGELES NEW YORK • SAN FRANCISCO

The Agawam News, Inc. assumes no financial responsibility for typographical errors in advertisements, but will reprint any reasonable part of any advertisement in which such typographical errors occur, if the responsibility for same rests with the newspaper. Agawam News, Inc. will not accept responsibility for manuscripts or photographs, which will be returned if stamped, self-addressed envelopes accompany same.

FOR ADVERTISING CALL - 732-1495

from the

MASSACHUSETTS AUDUBON SOCIETY

LINCOLN MASSACHUSETTS 01773

TAX ON PUBLIC INFORMATION?

Suppose you were to place a 100% tax penalty on any money which a charitable foundation spent in trying to change the laws by changing public opinion. You couldn't have conservation organizations telling people that and water pollution is dangerous and something ought to be done about it. Educational foundations couldn't fight for better public schooling. No foundation could give money to a civil rights group which tried to stamp out prejudice by influencing public opinion which might lead to changing unjust laws.

This is the picture conjured up by one section of the tax reform bill now pending in Congress.

Sydney Howe, president of the Conservation Foundation, a Washington-based nonprofit organization, testified before the Senate Finance Committee last week that "the bill as now written will seriously impair our ability to carry out our tax-exempt purposes" and "will inhibit or cripple the work of a large number of other conservation groups throughout the country."

"Perhaps the most dangerous provision in the bill," according to Howe, is the section which imposes a 100% tax penalty on foundation expenditures which attempt to influence legislation by affecting public opinion or by "private communication" with a member or employee of a legislative body. Howe said the language is "so broad and general that it places under a cloud all but the most theoretical or scientific and technical work" of many nonprofit organizations.

Howe said, "The practical effect of (the proposed tax reform bill) would be to stifle innovation. Exploration of many public problems would be seriously curtailed. The new and the experimental would be shunned. The role that endowed foundations would play in stimulating public programs would be vastly diminished."

"Open inquiry and discussion of public issues are central to our way of life. Foundations have financed independent studies which have led to innovations and improvements of benefit to the people of the U.S. and of the world. They are often the only source of funds for such studies."

"We urge the Committee to consider the problems of handling public information directed towards the solution of environmental problems. In the environmental field, virtually all issues require decisions based on social, economic, scientific and political considerations. The resolution of environmental conservation problems may — and most often does — encompass legislation. Informed natural resource and environmental specialists employed by (tax-exempt) organizations are often a legislator's only nongovernmental source of such information, aside from the delegations of commerce and industry."

"Private business, of course, may take tax deductions for expenses incurred in connection with legislation directly related to their interests. Congress thus provides tax benefits that encourage business expenditures for public information programs dealing with legislation. At the same time, (the proposed law), as now written, discourages information programs concerned with legislation affecting the broad public interest."

Federal figures indicate that more than \$8.6 billion in State motor fuel, motor vehicle and motor carrier taxes was paid by highway users in the U.S. during 1968, says the ALA.

Don't forget to start feeding the birds early.

The sea is not endless in it's bounty

When we stand at Andrew's Point, Rockport, and scan the winter waves for sea birds, the ocean seems a limitless expanse and one might easily suppose that its abundance may support man forever.

Thus, the vision that man need only turn to the sea to solve future food supply problems becomes believable. Man has had experience with the sea since pre-history and surely knows all he needs to know about it and its wealth.

But, do we?

In a recent issue of *Scientific American* we noted a marine biologist's comment that 20 years ago there were so few scientists in the world who knew anything about the biology of the sea that they knew each other on a 1st name basis. While there now are so many marine biologists that 1/2 of them has no idea what the other 1/2 is doing, the statement sort of shook the basic idea that man knew much about the sea.

Even more recently, Dr. John H. Ryther of the Woods Hole Oceanographic Institute published in *Science* an assessment of the ocean's potential as a food producer. His figures punch gaping holes in the endless-bounty-of-the-sea theory. Since most of us cannot understand tables nor appreciate mathematics, no purpose could be served in presenting here Dr. Ryther's rather elegant calculations. Those who desire such documentation can find it in *Science*, Volume 166, 3 Oct. 1969.

Instead, we shall here excerpt a few of his conclusions. Although taken out of context and bare of certain qualifying remarks, we hope that they are fair:

(1) "The open sea — 90% of the ocean and nearly 3/4 of the earth's surface — is essentially a biological desert. It produces a negligible fraction of the world's fish catch at present and has little or no potential for yielding more in the future."

(2) "Upwelling regions, totaling no more than about 1/10 of 1% of the ocean surface (an area roughly the size of California) produce about 1/2 the world's fish supply. The other 1/2 is produced in coastal waters and the few offshore regions of comparably high fertility."

(3) "When these various factors are taken into consideration, it seems unlikely that the potential sustained yield of fish to man is appreciably greater than 100 million tons. The total world fish landings for 1967 were just over 60 million tons, and this figure has been increasing at an average rate of about 8% per year for the past 25 years. It is clear that, while the yield can be still further increased, the resource is not vast. At the present rate, the industry can continue to expand for no more than a decade."

(4) "Most of the existing fisheries of the world are probably incapable of contributing significantly to this expansion. Many are already over-exploited and most of the rest are utilized at or near their maximum sustained yield."

Dr. Ryther is speaking of the potential of the ocean as it now exists. Those who have greater hopes than he has for greater future fish production might consider this:

The areas that Dr. Ryther describes as fish-rich — the upwellings, coastal waters and few offshore regions of high fertility — are in general the regions of the oceans most accessible to man and therefore most likely to be affected by his waste disposals, pesticide pollution, land filling operations, oil wells, and so forth.

THE VIEW FROM THE STOCK EXCHANGE

Short-Sighted Tax Proposal

Practically everyone agrees that our jerry-built national tax structure needs an overhaul. But practically no one agrees on just what should be changed.

Amidst all the clamor, however, one fundamental truth is plain. Any sound and equitable tax reform proposal must consider what is good for the American economy as a whole.

Surely existing capital gains tax laws benefit the economy by encouraging individual risk takers to pump savings into the system. Risk capital finances a large percentage of the new factories, the new products and the new equipment that mean new and better jobs.

It isn't surprising that such booming industrial nations as Canada, West Germany and Japan don't tax capital gains at all. They recognize the fact that an economy cannot progress without a constant supply of venture money.

Yet in the name of tax reform, proposals now before Congress call for sharp increases in capital gains taxes. By extending the holding period from six months to a year and raising the rate, Congress may well diminish the incentives people have for investing, for putting their money into the real growth of the country.

Of course, there are many needs for revisions in the tax structure. But any proposal that may discourage people from investing capital in overall growth is not only short-sighted — but dangerously short-sighted as well.

4H KEY AWARD WINNERS

Recently at the 4 H Leaders' Award Banquet held at the League Building in West Springfield, 6 Hampden County 4 H'ers received the Mass. 4 H Key Award. They are Kathleen Beauregard of Ludlow, Nicholas Demko of Agawam, Robert Dunn of E. Longmeadow, Jane Dupuis of W. Springfield, Thomas Maloney of Southwick and James Phelon of Westfield.

The Key Award is given in Recognition of Outstanding Contributions to 4 H Club Work through the Development of Leadership, Citizenship and Community Service and is presented by the Cooperative Extension Service, U of Mass. in cooperation with Cities Service Oil Co. (Citgo)

Outstanding Student in Who's Who

Named in this year's national listing of America's most outstanding university and college students is Mr. Robert Harvey Leger, of 16 Sherpa St.

His name is included in the 1969 edition of WHO'S WHO AMONG STUDENTS IN AMERICAN UNIVERSITIES AND COLLEGES, a listing of the campus leaders from more than 1,000 of the nation's institutions of higher learning.

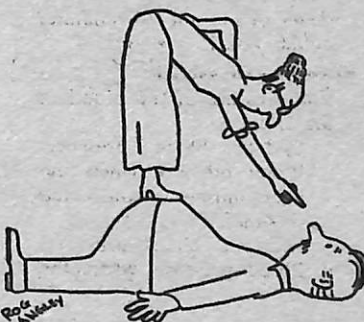
The annual directory of distinguished students has been published since 1934 and carries only the names of students whose academic standing, service to the community, leadership in extracurricular activities and future potential are decidedly above average.

AGAWAM JR WOMEN

OVERSEAS CHRISTMAS PACKAGES

The Agawam J.W.C. is again preparing Christmas boxes to be sent to servicemen from Agawam and Feeding Hills who are stationed in Vietnam.

Anyone knowing of such a person is asked to call Mrs. Raymond Ludwig at 788-9354 on or before Nov. 1 to have the man's name included on the mailing list.



I tell you every week and do you learn? No. Get me a subscription to the AGAWAM NEWS.

An estimated \$50 million is spent in the U.S. yearly for dog-catching, animal shelters and gas chambers, yet only a small fraction of homeless dogs and cats is ever caught.

PROMOTED AT MASS. MUTUAL

Paul V. Paleologopoulos, CLU, has been named ass't director of group pension underwriting in the Group Pension Underwriting and Contract Dept. of Mass. Mutual Life Insurance Co.

Paleologopoulos, a native of Northampton, Mass., received a B.B.A. degree in business administration from the U of M in 1953 and his M.B.A. from AIC in 1962.

He joined Mass. Mutual's Group Pension Dept. in 1955 and was named group pension underwriter in 1961 and senior group pension underwriter in 1966. He received his Chartered Life Underwriter's designation in 1966 and he became a Fellow of the Life Management Institute in 1968.

A veteran of the U.S. Army, Paleologopoulos is a past pres. of the So. Elem. School P.T.A., an associate member of the Agawam J.C.'s, a Little League Coach and a Confraternity of Christian Doctrine teacher and lector at St. John the Evangelist Church.

He lives with his wife and 8 children in Agawam.

The Department of Public Works will conduct a Fall Cleanup beginning Monday, Oct. 27, starting with Route 6. Pickups will be made by Town Forces on the regular rubbish routes as follows:

Oct. 27 - Route 6
Oct. 28 - Route 7
Oct. 28 - Route 8
Oct. 30 - Route 9
Oct. 31 - Route 10
Nov. 3 - Route 1
Nov. 4 - Route 2
Nov. 5 - Route 3
Nov. 6 - Route 4
Nov. 7 - Route 5

All items NOT normally picked up on regular rubbish collections will be picked up if put on tree belts. Leaves will be picked up if they are put in plastic bags. Small branches should be tied in bundles. Residents are asked to separate their regular rubbish barrels from the large items which are to be picked up by Town Forces.

NEWELL'S
RADIO & TV
RCA & ZENITH
COLOR TV
374 Park St., W. Springfield
Tel. RE 2-6810

An estimated 28,193,000 motor vehicles were manufactured in the world during 1968. The U.S. was the leading producer with 10,820,410 vehicles, followed by Japan with 4,085,826 and West Germany with 3,106,958.

More than 554,000 new passenger cars were registered in the New England states in 1968.

STOCK OF LAMP PARTS and REWIRING OF LAMPS and ANTIQUES

IF WE DON'T HAVE IT, WE'LL GET IT

AGAWAM ELECTRIC & HARDWARE SUPPLIES
835 Springfield Street, Feeding Hills, Mass.
Hours: 7 am-9 pm Ralph K. Somerville 733-6988

How can you lose weight and keep it off for good?

Perhaps you've been on diets before. You lose a few pounds and then something happens and you go right back to the old eating patterns. And right back to the old weight!

How can you lose weight—and keep it off, once and for all? Weight Watchers® can help you. Without pills or crash diets, we help you "re-train" your eating

habits so you can enjoy three full, hearty meals a day plus snacks and still lose weight, and keep it off.

Don't put it off another day. Join Weight Watchers now.

WEIGHT WATCHERS®
Some talking, some listening, and a program that works.



NEW MEMBERS ACCEPTED AT ALL TIMES

AGAWAM
Wilson Thompson
American Legion
478 Springfield Street
Thurs. 9:30 a.m. & 7:00 p.m.
Call 732-6613

EAST LONGMEADOW
Italian-American Club
213 Vineland Ave.
Wednesday
9:30 a.m. & 7:00 p.m.

\$3.00 Registration — \$2.00 Weekly

WESTFIELD SAVINGS PROMOTES TWO

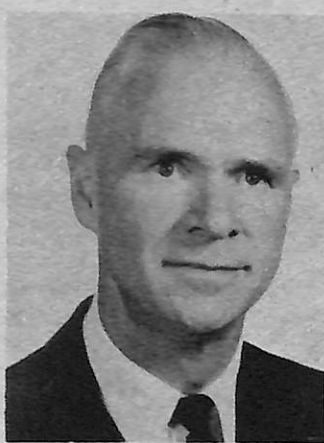


Ernest Cornelius, Jr.

Arthur W. Knapp, president of the Westfield Savings Bank, today announced the promotions of Ernest Cornelius, Jr., treasurer and Roland C. Hall as assistant treasurer. The promotions are effective at once.

Mr. Cornelius, who is manager of the bank's Savings Bank Life Insurance Department, was born in Westfield and graduated from West Springfield H.S. From 1943 through 1946 he served in the Army, assigned to the anti-aircraft artillery in Europe.

Upon his discharge he received a B.S. degree in accounting from Bryant College, and joined Westfield Savings



Roland C. Hall

in its main office in 1950.

Mr. Cornelius is current treasurer and past president of the Westfield Lions Club. He is married to the former Ellen Gamache and they live in Westfield at 89 Carroll Drive.

Mr. Hall was born in Westfield and graduated from West Springfield H.S., attending WNEC. He also is a graduate of the American Institute of Banking.

Mr. Hall, who joined Westfield Savings in 1950, is in charge of the bank's savings department. He is married to the former Maria Murphy of Westfield and they live at 80 Wistaria St. in West Springfield.



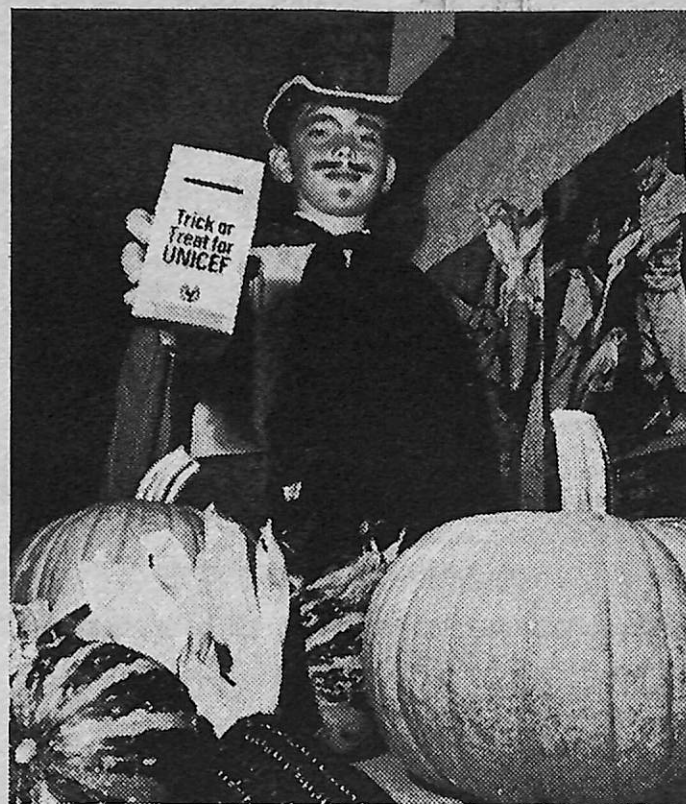
RICHARD C. SOUTHWORTH

WEST WARREN — Richard C. Southworth has been named Merchandise Manager - Tapes and Braids at the Wn. E. Wright Co., by John T. Wright, company president.

Southworth joined the home sewing products firm in 1966 as a Merchandising Assistant.

A native of Agawam, he is the son of Mr. and Mrs. Eugene E. Southworth. He is a graduate of Agawam H.S., a cum laude graduate of Western New England College and a veteran of 2 years service with the Army.

Southworth is married to the former Rita Fortin of Springfield and makes his home with his children Scott, 9 and Lisa, 8 on Martin Farm Road in Hampden.



Paddock Publications, Inc.

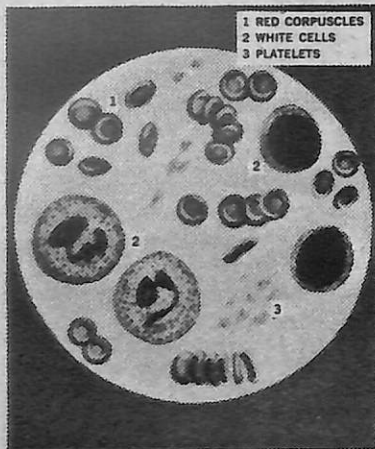
UNICEF magician, Chris Cochran of Illinois prepares to send his magic into the lives of needy children in the developing countries through "Trick or Treat for UNICEF".

Well, What Do You Know? fun, games and knowledge

by MARTHA GLAUBER SHAPP, Editor, The New Book of Knowledge

Do you know about corpuscles?

While circulating throughout the body the fluid part of the blood also carries solids that are not dissolved. The most important of such solids are the corpuscles ("little bodies")—usually called blood cells. Mature blood corpuscles do not grow or reproduce themselves. Unlike most of the body's cells, blood corpuscles do not join together to form tissue; they float singly, in suspension. When separated from plasma they form a jelly-like mass.



There are three kinds of solid bodies in the blood: red cells, white cells, and platelets. Each performs one major task. The red cells carry oxygen throughout the body; the white cells attack infection-causing bacteria; and the platelets help to clot the blood.

Do you know what happened to the dodo?

One of the most famous birds is the dodo. Yet nobody alive today has seen a living dodo or ever will. The dodo is extinct—it has completely

died out. Fortunately, before it disappeared almost 300 years ago, it was seen and described by various people; it was painted by several artists; and museums have been able to reconstruct the bird from bones that have been found. From these sources the story of the dodo's extinction has been pieced together.

The dodo lived on the island of Mauritius in the Indian Ocean. They were large birds, weighing as much as 50 pounds. They could not fly, but nested and lived on the ground. By the end of the 16th century, man had come to Mauritius. Settlers brought cats, dogs, pigs, and monkeys. All these turned out to be enemies of the dodos. The pigs trampled the nests; the monkeys stole the eggs and ate them; dogs and cats caught the young. By 1700, there were no dodos left.

Do you know what the horse latitudes are?

In the days of sailing ships, captains depended on the winds to help them reach their destination. Ships crossing the Atlantic from Europe to America took advantage of the trade winds that blew steadily from east to west. On the return trip ships took a more northerly route, where the prevailing westerlies blew from America toward Europe.

But sometimes ships were becalmed for days in the almost windless region between the trades and the westerlies. These are the "horse latitudes," which occur about 30 degrees north and south of the equator. The name comes from an old belief that horses on these ships were thrown overboard to conserve water.

NIH THE SEARCH FOR HEALTH

A REPORT FROM
THE NATIONAL INSTITUTES OF HEALTH
BETHESDA, MARYLAND

KNOW YOUR HEART II—Fats

What pushes blood through thousands of miles of blood vessels? What works 100,000 times a day, and rests less than a second between each job?

The answer is your heart. Increase your understanding of what you read and hear about this "living pump." This is the second of a series of four columns devoted to heart terms, preferred pronunciations, and definitions.

These words are mainly about fats.

ANTICOAGULANT

(an'te-ko-ag'u-lant)

A drug which delays clotting of the blood. When given in cases of a blood vessel plugged up by a clot, it tends to prevent new clots from forming, or the existing clots from enlarging, but does not dissolve an existing clot.

ARTERIOSCLEROSIS

(ar'te-re-o-skle-ro'sis)

Commonly called hardening of the arteries. This is a generic term which includes a variety of conditions which cause the artery walls to become thick and hard and lose elasticity.

ATHEROSCLEROSIS

(ath'er-o-skle-ro'sis)

A kind of arteriosclerosis in which the inner layer of the artery wall is made thick and irregular by deposits of a fatty substance. These deposits (called atheromata) project above the surface of the inner layer of the artery and thus decrease the diameter of the internal channel of the vessel.

BLOOD PRESSURE

The pressure of the blood in the arteries.

1. Systolic blood pressure. Blood pressure when the heart muscle is contracted (systole).
2. Diastolic blood pressure. Blood pressure when the

heart muscle is relaxed between beats (diastole). Blood pressure is generally expressed by two numbers, as 120/80, the first representing the systolic, and the second being diastolic pressure.

CHOLESTEROL (ko-les'ter-ol)

A fat-like substance found in animal tissue. In blood tests the normal level for Americans is assumed to be between 180 and 230 milligrams per 100 cc. A higher level is often associated with high risk of coronary atherosclerosis.

POLY-UNSATURATED FAT (pol-e-un-sat'u-rat-ed)

A fat so constituted chemically that it is capable of absorbing additional hydrogen. These fats are usually liquid oils of vegetable origin, such as corn oil or safflower oil. A diet with a high poly-unsaturated fat content tends to lower the amount of cholesterol in the blood. These fats are sometimes substituted for saturated fat in a diet in an effort to lessen the hazard of fatty deposits in the blood vessels.

SATURATED FAT (sat'u-rat-ed)

A fat so constituted chemically that it is not capable of absorbing any more hydrogen. These are usually the solid fats of animal origin such as the fats in milk, butter, meat, etc. A diet high in saturated fat content tends to increase the amount of cholesterol in the blood. Sometimes these fats are restricted in the diet in an effort to lessen the hazard of fatty deposits in the blood vessels.

Terms used in describing parts of the heart and blood vessels will be included in the next column in this series.

Write to NIH Feature Service, Bethesda, Md. 20014, for a free copy of the illustrated booklet of 350 definitions, "A Handbook of Heart Terms," Publication No. 1073.

FEEDING TIP

IF YOU WANT YOUR CAT TO BE A GOOD MOUSER, GIVE HIM THE BALANCED DIET OF A QUALITY PREPARED CAT FOOD. IT PROVIDES HIM WITH THE ENERGY HE NEEDS TO PLY HIS TRADE.



WHAT'S IN A LINE . . . ?

A fishing line is a fishing line . . . so what's the big deal about line weight, line test and whether it's braided or monofilament?

Despite efforts by fishing line manufacturers, many anglers don't understand the importance of choosing the correct line to match their equipment.

Having the right line can make a lot of difference when it comes to catching fish, say the angling authorities at Mercury outboards. Not only does the correct line help your casting, but it plays a big part in how the lure is presented to the fish.

Fly fishermen probably have the most critical decisions to make. Rod length, its action and whether they are fishing dry or wet flies are all important considerations.

Generally, a floating, tapered line is used with dry flies, and a level, sinking line with wet flies. Popping bugs for bass call for weight forward lines. Follow the rod maker's recommendations as to line weight. They are usually printed on the butt section of any good rod.

Casting, spinning — or spincasting — lines are not as critical in one respect: when cast, they depend less upon rod action than do fly lines. Otherwise, the importance of having the right line is as great.

Braided line is excellent for plug casting reels, but should not be used for spinning or spincasting. A hard braid lasts longer but is more troublesome on the reel than a soft braid. Also, braided line floats.

Monofilament line is used almost exclusively with spinning and spincasting equipment. It's nearly invisible in the water and will sink.

Match the line's test weight to the size fish you're after, and the size lures you're using. Remember, the lighter the line the easier it is to cast, particularly with light-weight lures. However, keep in mind the reel manufacturer's recommendations.

The whitetail deer has always been the most important big game animal in North America, the Mass. Audubon Soc. says. Its range was greater than the Bison's and it provided food for more Indians than did the bison.

DON'T BE A LITTERBUG

When science proves new truths, they remain truths despite the fact that some people refuse to believe them.



COMPLETE LINE OF Musical Instruments
Private Instruction
BY HIGH-GRADE TEACHERS
ALL INSTRUMENTS
F.E. OLDS - BUESCHER
MANY OTHER TOP QUALITY BRANDS
INSTRUMENTS PURCHASED ON A RENT-TO-OWN BASIS
 Complete Line-Of MUSIC SUPPLIES
 Popular & Classical Sheet Music



The Drum Shop
 188 STATE ST., SPRINGFIELD
734-0309 - 733-3935

Alterations - Repairs
 on Men's - Ladies' - Children's Clothing - Zippers, hems, cuffs, pockets, etc. Reasonable - Fast Service. Agawam - Feeding Hills area. Tel. 736-5059.

NOW is the time to think about an A1 cleaning on your furnace and boiler
 call
REMINGTON'S
 Oil Burner Service and Sales
 24 Hr. Repair Service
788-6290 34 Begley St. Agawam

SCHOOL MENUS
 OCT. 27-31
Milk Served with All Meals
PHELPS SCHOOL
 MON. - Juice, frnkfrt. in btrd. roll, rel., mstrd., & ctsp., whole kernel corn, apple crisp w/cheese wdg. TUES. - Brwn. meat in gravy w/veg., mashed pot., 12-min. cabbage, rye bread & btr., butter cake w/rasp. cream topng. WED. - Shell mac. w/meat sauce, cbge. & carrot salad, Italian brd. & btr., mixed fruit. THURS. - Juice, hmbg. on btrd. roll, onions, rel., ctsp., btrd. carrots, oven fried pots., fruited Jello w/topng. FRI. - Tuna salad sand., pot. chips, green beans, cheese sticks, org. wdg., cookie.

GRANGER SCHOOL
 MON. - Spgheti. w/meat & tom. sauce, green beans, brd. & btr., peaches. TUES. - Juice, hmbg. on roll, rel. & ctsp., carrots, cheese cube, applesauce. WED. - Tom. soup, celery & carrot sticks, 1/2 hardboiled egg, pea. but./marshmello. sand., cookies. THURS. - Juice, frnkfrt. on roll, rel. & mstrd., pot. chips, broccoli, fruit sqs. FRI. - Juice, fish brgr, ctsp., pot. sticks, whole kern. corn, strawbry. shcake.

PIERCE SCHOOL
 MON. - Meat balls in tom. sauce, steamed rice, btrd. wax beans, cheese or pea. but. sand., apricots. TUES. - Frnkfrt. on hot btrd. roll, baked beans, cole slaw w/grated cheese, pea. but. sand., rosy applesauce. WED. - Spgheti. w/tom. & meat sauce, btrd. peas, cheese wdg., btrd. Vienna bread, spicy prune cake w/btr. icing. THURS. - Beef pot pie w/pot. topng., btrd. spinach, pea. but. & honey sand., choc. pudng. w/topng. FRI. - Org. jui., tuna sail boats, btrd. green beans, carrot sticks, Halloween cup cakes.

DANAHY SCHOOL
 MON. - Juice, hmbg. on roll, corn, applesauce cake. TUES. - Sliced bolgna. on roll, sliced cheese, cbge. & carrot salad, french fries, brownies. WED. - Mac. in tom. & meat sauce, brd. & btr., green beans, apricots. THURS. - Trky. in gravy, mashd. pot., brd. & btr., broccoli, fruited Jello w/topng. FRI. - Fish sticks, mashd. pot., brd. & btr., carrots, cheese wdg., applesauce, cookie.

SOUTH ELEMENTARY
 MON. - Italian spgheti. w/meat & tom. sauce, fruit slaw salad, cheese sticks, btrd. Vienna brd., apricots. TUES. - Org. jui., trky. w/grvy. on mashd. pot., btrd. peas & carrots, cranbry. sauce, citrus fruit cup. WED. - Sloppy Joe on hard btrd. roll, cheese sticks, btrd. broccoli, deep dish apple sq. THURS. - Org. jui., crmd. tom. soup, celery & carrot sticks, grid. cheese on rye, oatmeal pea. but. cookie, fresh pear. FRI. - Baked fish, parsley btrd. pot., ABC salad, pea. but. sand., org. Jello w/topng.

ROBINSON PARK SCHOOL
 MON. - Hmbg. grvy. on mashd. pot., btrd. spinach, brd. & btr., fruited Jello w/topng. TUES. - Fruit jui., meat ball grndr. w/sauce, btrd. carrots, cheese sticks, sliced peaches. WED. - Elbow mac. w/meat sauce, btrd. green beans, brd. & btr., fruit cup. THURS. - Juice, hmbg. on roll, ctsp., btrd. corn, raisin nut cake w/sugar n'spice topng. FRI. - Org. jui., tuna fish sand., pea. but. sand., pot. chips, tosd. salad w/tom. dessert.

JUNIOR HIGH
 MON. - Hmbg. gravy on pot., btrd. broccoli, choc. cake, brd. & btr. TUES. - Juice, grndrs., slice meat, cheese, tom. letuce., pickles, pot. chips, prune spice cake. WED. - Org. jui., hmbg. on bun, green beans, fruit cup w/pea. but. cookie. THURS. - Homemade beef stew w/veg., pea. but. sand. applew/cookie. FRI. - Juice, tuna fish salad, pot. chips, btrd. carrots, applesauce cake, brd. & btr.

HIGH SCHOOL
 MON. - Tom. jui., hmbg. on roll, pot. chips, btrd. carrots, pea. but. sand., mstrd., rel., ctsp., sliced onion, choc. cake w/choc. topng. TUES. - Mac. w/meat & cheese sauce, cbge. & carrot salad, brd. & btr., applesauce. WED. - Toasted ham & cheese roll, gardn. salad w/tom. & spinach greens, pea. but. salad, mstrd., ctsp., maynais., raspbry-prune pie sq. THURS. - Grapefrt. jui., bolgna. & cheese on soft roll, btrd. green beans, pea. but. sand., mstrd., maynais., ctsp., apricot upside dwn. cake w/topng. FRI. - Tuna salad sailboat, btrd. corn, raw veg. tray, pea. but. sand., peach shcake. w/topng.
 Milk served with all meals.

AUTO INSURANCE IS YOUR PROBLEM BUT IT'S MY JOB!



As your Kemper Insurance Problem-Solver, seeing that your auto insurance problems get solved and stay solved is my way of earning a living.

That's why you'll always find me available to serve you—around the clock . . . why I take care to insure you with one of the companies of the financially strong Kemper Group. When it really counts (in case of loss), it all adds up to prompt, fair settlement of claims through a country-wide network of claims service offices.

Carlo F. Bonavita Insurance Agency
 430 Main St., Agawam
732-3487 - 739-0493

YOUR INSURANCE PROBLEM-SOLVER

representing  Chicago 60640

Legal Notices

COMMONWEALTH OF MASSACHUSETTS
 Hampdens

PROBATE COURT
 To all persons interested in the estate of **GEORGE HAROLD TEED** otherwise **GEORGE H. TEED** late of Agawam, in said County, deceased, testate.
 A petition has been presented to said Court for license to sell — at private sale — certain real estate of said deceased.
 If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the seventh day of November 1969, the return day of this citation.
 Witness, **ABRAHAM I. SMITH**, Esquire, First Judge of said Court, this eighth day of October 1969.
JOHN J. LYONS, Register
 Oct. 16, 23, 30.

COMMONWEALTH OF MASSACHUSETTS
 Hampden ss

PROBATE COURT
 To **GEORGE E. PRENTISS** of Agawam, in said County of Hampden, and to his heirs apparent or presumptive and to the Massachusetts Department of Mental Health, and to the United States Veterans' Administration.
 A petition has been presented to said Court alleging that said **GEORGE E. PRENTISS** is a mentally ill person and praying that **A. SCOTT PHILLIPS** of East Longmeadow, in the County of Hampden, or some other suitable person be appointed his guardian.
 If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the seventh day of November 1969, the return day of this citation.
 Witness, **ABRAHAM I. SMITH**, Esquire, First Judge of said Court, this second day of October 1969.
JOHN J. LYONS, Register
 Oct. 16, 23, 30.

SATURDAY HOURS
10 a.m. - 2 p.m.
ALL OFFICES



SPRINGFIELD INSTITUTION FOR SAVINGS
AGAWAM OFFICE - 40 SPRINGFIELD STREET

BEAUTIFUL and INTERESTING LAMPS
 Made From Vases - Statues and Antiques
 All Kinds of Lamp Repairs
HANNIGAN'S
 766 MAIN ST., W. S. RE 7-0730

Three years after the volcanic island of Krakatoa blew up in 1883, 11 species of ferns and 15 species of flowering plants were growing. A forest with coconut trees, sugan cane, figs and orchids was developing in 13 years, and in 25 years, 263 species of insects, birds and reptiles inhabited the island, the Mass. Audubon Soc. says.

OLE!



During World War II, most of the Latin American countries contented themselves with economic warfare against the Axis. However, Mexico had an air force group in combat against the Japanese.

Bobby Jones was the only golfer to win the United States Open, the British Open, the United States Amateur, and the British Amateur tournaments in one year. He won all four in 1930, and then retired from tournament play.

MALONE'S Farm & Garden Center
 338 Silver St., Agawam
 Seasonal Garden Supplies for home and farm
 RE 2-3965

Agawam Students Register Now! Driver Education Class



New Class - Oct. 27
ACCELERATED 2 1/2-WEEK CLASSROOM COURSE

If you've already had classroom portion of driver education at high school, take the six hours behind-the-wheel training with us!

We Pick Up and Return You
WINCHESTER AUTO SCHOOL
 190 STATE ST. RE 0-2533

Rubbish Collection Schedule

Fri.	Oct. 24	Rte. 5
Mon.	Oct. 27	Rte. 6
Tues.	Oct. 28	Rte. 7
Wed.	Oct. 29	Rte. 8
Thurs.	Oct. 30	Rte. 9
Fri.	Oct. 31	Rte. 10

White (Domestic) Magic Key
 buttonholer, perfect. cond.
 Zig zag attachment,
 Sears Silvertone 4 speed record player in carrying case -
 Zenith combo 4 sp. rec. player & radio in carrying case
732-1495

Remove excess body fluid with FLUIDEX tablet, only \$1.69 at your drugstore.

I'd love to go home with you. I'm at LY 8-8724

No issue is ever settled correctly upon the basis of force, regardless of what measure of compulsion is used.

Secretarial Services

We wish to announce the expansion of our specialized services to include complete Secretarial Service:

TYPING SIMPLE BOOKKEEPING COPYING
 OFFSET PRINTING MAILING SERVICE COLLATING

COMMUNITY PLANNERS & CONSULTANT SERVICES, INC.
 24 Craig Drive, Apt. 5A
 West Springfield, Mass. 01089
 Telephones
 Bus.: 739-7464 Res.: 732-4621

With force



You will rarely gain the wanted success. Try more sensible methods:
 Advertise in our newspaper!